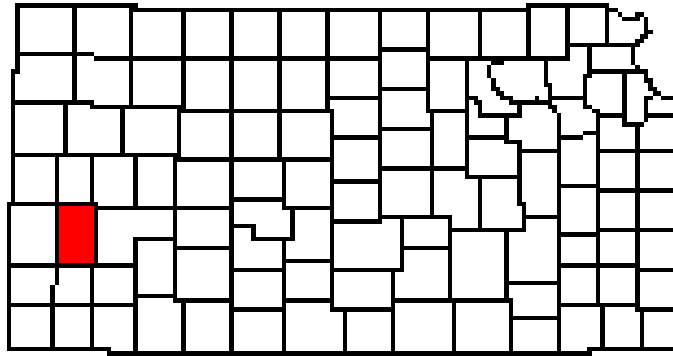


# KEARNY



## Books:

No libraries in your county have Arthritis Foundation books. Please see surrounding counties.

## Rheumatologists:

There are no rheumatologists located in your county. Please see surrounding counties or rheumatologists located in **COLORADO**.

## Programs:

### **AFYAP: Arthritis Foundation YMCA Aquatic Program:**

The warm water exercise program offers improved joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

**Beymer Aquatics Center**  
209 Russell Rd.  
Lakin, KS 67860

Contact:  
620-355-6621

### **PACE: People with Arthritis Can Exercise**

This program is a gentle land-based exercise class for increasing or maintaining joint flexibility, range of motion and muscle strength. Videos are available for at-home exercises from the Arthritis Foundation.

Currently, there are no PACE classes offered in your county. Please see surrounding counties.

**Support Groups:**

There are no support groups located in your county. Please see surrounding counties.